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NEWS
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SHARING.



Kidnapped girls located?

Nigerian official says they know where they are, but not using force for now **PAGE 4**

The Great White Beach

Turks and Caicos won't be Canada's newest province just yet, Baird says **PAGE 6**

MAYBE THERE'S ONLY ONE WAY TO DIE IN THE WEST

FROM THE WEATHER, ACCORDING TO CHARLIZE THERON. USE METRO AR FOR EXTRAS FROM SETH MACFARLANE'S WILD WEST SPOOF

PAGE 12



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Yer outta there!



Goldeyes catcher Luis Alen raises his mitt in victory after tagging Sioux City Explorers outfielder Rene Tosoni out at home plate to end the third inning in the Goldeyes' home opener at Shaw Park on Monday night. See story on page 18.

SHANE GIBSON/METRO



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Rapid transit motion will be defeated, says mayor

Over-publicized?

Katz said council 'ready to move forward'



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

Mayor Sam Katz said an attempt to send the second phase of rapid transit off the rails "will be defeated."

Katz was asked about a motion put forward by councillors Russ Wyatt and Paula Havixbeck to be debated at Tuesday's city council to change the \$590-million project from buses to light rail.

"I don't think there's going to be a great deal of debate. I think it's been definitely over-publicized," he said Monday.

"We live in a democratic society — any individual can come up with an idea. I believe council is definitely ready to move forward on rapid transit and we'll do that, and I think the motion will be defeated."

While Katz remains con-

fident, cracks in the support for the second phase, which would link the downtown first phase to the University of Manitoba, have become more visible.

Last week, Coun. Jeff Browaty proposed holding a referendum on the future of rapid transit during the upcoming municipal election in October.

Browaty's comments came on the heels of a report that requests council approval on a P3 annual service/financing payment of \$19.7 million starting in 2020, which is when the second phase is to open.

Katz said on Monday that delaying the project would be a mistake.

"Everybody has learned that all waiting does is cost you a lot more money. The more you wait, with construction inflation, costs go up significantly," he added.

"You're not building it for today or tomorrow, you're building it for the next 50 years and that helps the city grow."



Mayor Sam Katz said delaying rapid transit only increases construction costs. BERNICE PONTANILLA/METRO

Cash and cigarettes

Police probe pair of robberies in west Winnipeg

Police are looking into the possibility the same two suspects are responsible for a pair of commercial robberies that occurred within minutes of each other in west Winnipeg Sunday.

Cops were first called to a gas bar in the 3600 block

of Portage Avenue around 3 a.m. where two men, one armed and with his face hidden, had tried to break in after the lone clerk working locked them out. The two men fled empty-handed.

Then, just 15 minutes later, police were called to a convenience store in the 500 block of Dale Boulevard where two suspects, one armed, and both with their faces hidden, made off with an undisclosed amount of cash and cigarettes. **METRO**

Domestic dispute

Winnipeg police investigate parking lot death

Police want to speak with a man who stepped in to help a woman being attacked by her partner on a busy Winnipeg street earlier this month after the man he fought off died in hospital.

Police said Monday a man and a woman were in-

involved in a domestic dispute in the parking lot of a McDonald's in the 1000 block of Notre Dame Avenue around 5:30 p.m. on May 18 when a bystander stepped in to protect the woman.

The bystander struck the man, knocking him to the ground, and left before police arrived.

Marlon Dean Laronde (Hart), 33, was rushed to hospital in critical condition, where he died Friday.

METRO

River Park South

Suspect sought for indecent act

Police are investigating after a young man performed an indecent act in front of two women in the River Park South neighbourhood Sunday. The women were walking in the 100 block of Burland Avenue around 5:30 p.m. when a teenaged male ran up and performed an indecent act. **METRO**

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The three directors behind Winnipeg's first medical marijuana lounge, from left, Bill Vandergraaf, John Tran and Lee-Anne Kent, smoke a joint at Vapes on Main, Monday afternoon. SHANE GIBSON/METRO

Former officer opens city's first pot lounge

'Peaceful place.'
Vapes on Main offers space for medicinal pot users to medicate

A former Winnipeg police officer who's been a loud advocate for the legalization of drugs since hanging up the badge has helped open the city's first medical marijuana lounge.

Bill Vandergraaf told Metro he wants to give those who, like him, are prescribed marijuana for medical reasons a "peaceful place" to meet, smoke, and exchange ideas.

"It has great medicinal value for all kinds of ailments, and it's time to stop criminalizing people," explained the

29-year veteran of the Winnipeg Police Service, who helped open Vapes on Main at 1402 Main St.

"It's time to make our streets safer by ending prohibition of marijuana and drugs."

Vandergraaf, 63, retired from policing in 2001 and said he's been using medical marijuana since 2007 to combat depression, anxiety, and alcoholism he developed on the force.

"We are doing nothing wrong, we are not hurting anybody else," he said, noting his late father found relief from Lou Gehrig's disease (ALS) with pot-laced cookies, and his daughter uses medical marijuana to ease the pain of Takayasu's arteritis, inflammation of blood vessels.

"We are providing ourselves

and our families with what we believe to be the most effective medicine available today outside of a pharmacy."

Vapes on Main operates as a not-for-profit private club. They don't allow other drugs or alcohol on site, and do not sell marijuana or paraphernalia.

Only those over 18 with a prescription can smoke inside, but Vapes welcomes anyone seeking information about medical marijuana or who wants to debate the war on drugs with a man who's seen both sides.

"We would like to educate people as well," explained Vandergraaf, who is not worried about getting shut down by his former employer. "Police are welcome to come in, too."

SHANE GIBSON/METRO

Woman alleges RCMP pulled her from shower during house search

A Manitoba woman is suing six RCMP officers claiming they pulled her from a shower and left her shivering naked in her kitchen during a search of her home.

The woman alleges in a lawsuit filed last week that the September 2012 incident has left her with post-traumatic stress disorder, fear of being alone and a fear of showering, as well as emotional trauma.

The lawsuit alleges the woman was taken from her main-floor bathroom shower during the mid-morning raid and kept in custody, without any clothing, in the kitchen while police searched her home.

"The plaintiff was kept in the kitchen without access to covers for a period of time," the statement of claim says. "The plaintiff began hyperventilating and experiencing shock-like symptoms."

No comment

- Tara Seel, media relations officer with the RCMP, said it would be inappropriate to comment since the matter is now before the courts.

It claims the woman, who works as a hospital medical technician, was eventually taken to hospital in an ambulance. She is seeking unspecified damages, including punitive damages and costs.

"As a result of the injuries which the plaintiff received from the defendants, the plaintiff has suffered out-of-pocket expenses including loss of wages in an amount to be proven at trial," the lawsuit says.

The lawsuit says Mounties raided the house while executing a search warrant

Quoted

"The plaintiff was kept in the kitchen without access to covers for a period of time... The plaintiff began hyperventilating and experiencing shock-like symptoms."

Statement of claim

as part of an investigation, but does not elaborate.

No statement of defence has been filed. The woman's claims have not been proven in court.

THE CANADIAN PRESS

On the web

For more local news go to metronews.ca



Addressing the issue

University of Winnipeg to hold forum on rooming houses

The necessity of rooming houses to affordable living is the subject of a University of Winnipeg community forum on Tuesday morning.

The forum brings together tenants, landlords and representatives of groups such as the

Canadian Centre for Policy Alternatives, Spence Neighbourhood Association and West Broadway Community Organization. They aim to come up with an action plan to address the loss of rooming houses in the city.

According to a U of W institute of urban studies report entitled Winnipeg's Vanishing Rooming Houses, from the mid-1990s to 2014, between 930 and 1,410 rooming house units have disappeared from the Spence and West Broadway

neighbourhoods.

The Manitoba Research Alliance, which also studied the rooming house issue, is calling for a "focused approach" that involves outreach with tenants and improvements to the complex regulatory and policy framework.

The forum, which takes place from 8:30 a.m. to 1:30 p.m. in Wesley Hall, also features the release of a documentary film shot in Winnipeg's inner-city.

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From June 1-7, don't miss your chance to join thousands of fellow Manitobans by green commuting to work. Commuter Challenge encourages individuals and workplaces to explore greener transportation options for personal, environmental and community health. Register as an individual or with a group of co-workers. Commuter Challenge is easy — just walk, cycle, carpool, take transit, in-line skate or use any other green way to commute to or from work. There are plenty of chances to win some great prizes, too. Last year, more than 7,000 employees at 245 workplaces across Manitoba participated and logged more than 725,000 "green" kilometres. The Commuter Challenge starts June 1, so there is still plenty of time to register. Questions? Email commuterchallenge@greenactioncentre.ca or call 204-925-3779.

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The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you — for complete route and schedule information, visit winnipegtransit.com or call 311.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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All this week, the Downtown Winnipeg BIZ is giving away free Max 5 bus passes during its #Bus is Better promotion. This offer is available to the first 250 downtown workers who are willing to change their commute and ride the bus to work during Commuter Challenge Week. Beginning May 26, receive one free Max 5 bus pass (good from Monday to Friday) for travel from June 2-6. Free Max 5 passes are available on a first-come, first-served basis (limit one pass per person) at Winnipeg Transit's Millennium Library customer service centre only. Visit downtownbiz.com or commuterchallenge.ca for more info.

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Defence chief claims military knows location of schoolgirls

Abuja, Nigeria. Military official won't elaborate on location of students, suggests using force to rescue them will result in their deaths

Nigeria's military has located nearly 300 schoolgirls abducted by Islamic extremist group Boko Haram, but fears using force to try to free them could get them killed, the country's chief of defence said Monday.

Air Marshal Alex Barde told demonstrators that Nigerian troops can save the girls. But he added, "We can't go and kill our girls in the name of trying to get them back."

He spoke to thousands of demonstrators who marched to Defence Ministry headquarters in Abuja, the capital. Many were brought in on buses, indicating it was an organized event.

Asked by reporters where they had found the girls, Barde refused to elaborate.

"We want our girls back. I can tell you we can do it. Our military can do it. But where they are held, can we go with force?" he asked the crowd.

People roared back, "No!" "If we go with force what will happen?" he asked.

"They will die," the demonstrators said.

"Nobody should come and say the Nigerian military does not know what it is doing. We know what we are doing," Barde insisted.

Nigeria's military and government have faced national and international outrage over their failure to res-



Nigeria's chief of defence, Air Marshal Alex Barde, centre, speaks in Abuja, Nigeria, Monday during a demonstration calling on the government to rescue the kidnapped girls of a government school. GBENGA OLAMIKAN/THE ASSOCIATED PRESS

Quoted

"Nobody should come and say the Nigerian military does not know what it is doing. We know what we are doing." Air Marshal Alex Barde, Nigeria's chief of defence

cue the girls seized by Boko Haram militants from a remote northeastern school six weeks ago.

President Goodluck Jonathan was forced this month to accept international help. American planes have been searching for the girls. Britain, France, Israel and other countries have sent experts

in surveillance and hostage negotiation. Jonathan's reluctance to accept help for weeks is seen as unwillingness to have outsiders looking in on what is considered a corrupt force.

Soldiers have told media that they are not properly paid, are dumped in dangerous bush with no supplies and

that the Boko Haram extremists holding the girls are better equipped than they are.

Some soldiers have said officers enriching themselves off the defence budget have no interest in halting the five-year-old uprising that has killed thousands.

Soldiers near mutiny earlier this month fired on the car of a commanding officer who came to pay his respects to the bodies of 12 soldiers who their colleagues said were unnecessarily killed by the insurgents in a night-time ambush.

THE ASSOCIATED PRESS

Developing world

Birth, death data vital for health of children, mothers

For one million babies born every year, it's as if they were never here.

That's how many newborns die on the day of their birth, along with millions more in their first month of life, all without ever having been formally documented.

The lack of vital birth and death registration in poor countries will be a major topic of discussion at this week's international

meeting on improving the plight of children, newborns and mothers in developing countries.

Prime Minister Stephen Harper is hosting the three-day conference in Toronto.

Rosemary McCartney, the co-chair of the Canadian Network for Maternal Newborn and Child Health, says birth registration is a key to making progress on the issue.

She says knowing about births, deaths and cause of death is key to bringing down mortality rates and improving the health of the most vulnerable women and children in poor countries. THE CANADIAN PRESS

Food transport

Canadian canola growers decry 'dismal' rail service

Canola farmers are complaining to the Canadian Transportation Agency about what they call "dismal" service from the country's two biggest railways.

The Canadian Canola Growers Association says Canadian National Railway Co. and Canadian Pacific Railway Ltd. have not fulfilled their obligation to move Western Canadian grains and oilseeds to mar-

ket this crop year.

The group's complaint cites provisions in the Canadian Transportation Act that requires railways to provide "adequate and suitable" accommodation for all traffic their customers want moved.

"The breakdown of the Western Canadian rail transportation system this year is completely unacceptable for grain producers," said Brett Halstead, president of CCGA and a farmer from Nokomis, Sask.

"Ultimately, it is farmers who are bearing the cost of this supply chain failure." THE CANADIAN PRESS

Thai coup leader warns citizens against protests

Royal endorsement.

Thailand's king endorsed its military chief to run the country and called for 'reconciliation'

Bolstered by an endorsement from Thailand's king, the nation's new military ruler issued a stark warning Monday to anyone opposed to last week's coup: Don't cause trouble, don't criticize, don't protest — or else the nation could revert to the "old days" of turmoil and street violence.

Gen. Prayuth Chan-ocha defended the army's takeover,



Gen. Prayuth Chan-ocha speaks at his first press conference since Thursday's coup in Bangkok.

SAKCHAI LALIT/THE ASSOCIATED PRESS

saying he had to restore order after seven months of increasingly violent confrontations between the now-ousted govern-

ment and demonstrators.

"Everyone must help me," said Prayuth, adding, "Do not criticize, do not create new problems. It's no use."

The words came as an aide to former prime minister Yingluck Shinawatra said she had been released Monday from military custody after being held for three days.

Earlier Monday, a royal command sent in the name of King Bhumibol Adulyadej officially endorsed Prayuth to run the country and called for "reconciliation among the people."

The endorsement is a formality, but in a country where the king's word is supreme, it is one that carries enormous weight. **THE ASSOCIATED PRESS**



Fatal train collision in India kills 40

Officials and rescuers stand near the wreckage after the Gorakhpur Express passenger train slammed into a parked freight train near Basti, in India's Uttar Pradesh state, on Monday. The express train plowed into a parked freight train, killing at least 40 people and reducing cars to heaps of torn and twisted metal, officials said. Six of the cars on the express train derailed, with one car accounting for most of the deaths, police said. **THE ASSOCIATED PRESS**

Don't hold your breath

Man faints while driving through tunnel, injures four people in crash

Police say a 19-year-old man caused a three-car crash when he fainted while holding his breath as he drove through a tunnel in Oregon.

According to a news release, Daniel J. Calhon told investigators he fainted Sunday afternoon while holding his breath in the Highway 26 tunnel near the community of Manning.

His car, a 1990 Toyota Camry, drifted across the centre line and crashed head-on with a Ford Explorer.

Both vehicles struck the

tunnel walls before a pickup hit the Camry.

Four people suffered non-life-threatening injuries.

Police say Calhon has been cited for reckless driving, three counts of reckless endangerment and fourth-degree assault.

Some people hold their breaths in tunnels as part of a game or superstition.

THE ASSOCIATED PRESS

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f t i s t

No apology from Harper

Muslim group's lawsuit against PMO proceeding

A national Muslim organization is proceeding with a lawsuit against Prime Minister Stephen Harper and his chief spokesman for a comment it says linked the organization to a terrorist group.

The National Council of Canadian Muslims is filing a statement of claim in Ontario Superior Court after failing to get an apology from the Prime Minister's Office for the January remark.

The council took its first legal step in January by filing a notice of libel that quotes Harper spokesman Jason MacDonald as saying, "We will not take seriously criticism from an organization with documented ties to a terrorist organization such as Hamas."

THE CANADIAN PRESS

2010 Gaza incident

Turkey orders arrest of Israeli commanders

A Turkish court on Monday ordered the arrests of four former Israeli military commanders being tried in absentia over the killing of nine people aboard a Turkish aid ship that tried to break a Gaza blockade in 2010, Turkey's state-run news agency reported.

THE ASSOCIATED PRESS

Baird says Turks and Caicos dream will remain just that

No 11th province.

Though islands' premier says he's not closing the door on joining Canada, Foreign Affairs says it's not in the cards

The premier of Turks and Caicos is leaving the door open to the prospect of his country joining Canada, even though he has opposed the idea in the past.

But Foreign Affairs Minister John Baird suggested Monday that Canadians are dreaming if they think they'll have a province in the Caribbean any time soon.

Turks and Caicos Premier Rufus Ewing met Prime Minister Stephen Harper in Ottawa, where he says the two leaders spoke about exploring a more formal relationship.

Ewing described the meeting as a "courtship," but said the pair did not discuss the possibility of Turks and Caicos becoming Canada's 11th province.

The idea, however, is not out of the question, Ewing suggested during a news conference following the meeting.

"It is not of my mandate to close the door," he said.

"It is my mandate to see Turks and Caicos have sustainable economic growth and de-



Cruise-goers enjoy the beach at the Grand Turk Cruise Terminal in Grand Turk, Turks and Caicos. Rufus Ewing met with Prime Minister Stephen Harper in Ottawa Monday. THE ASSOCIATED PRESS FILE

velopment and development of our people ... and we look to Canada, who has shown by example of being a very strong democracy."

Even creating closer ties is a long shot, said Baird: The Harper government is not exploring a stronger relationship, let alone considering a plan to annex the British colonial ter-

ritory.

"We're not in the business of annexing islands in the Caribbean to be part of Canada, so that's not something that we're exploring," said Baird.

"We're not looking at any sort of formal association with the islands."

Some provinces, however, appear open to the idea. While

Ewing was in Ottawa, P.E.I. Premier Robert Ghiz tweeted to Saskatchewan Premier Brad Wall that he'd be happy to partner with the Prairie province on the Turks and Caicos project.

Conservative MP Peter Goldring has been pushing the idea for more than a decade.

Canada enjoyed strong economic ties with Turks and



Rufus Ewing, premier of Turks and Caicos, holds a media availability on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Quoted

"We're not in the business of annexing islands in the Caribbean to be part of Canada, so that's not something that we're exploring."

Foreign Affairs Minister John Baird

Caicos in the 1800s, largely through the salt trade.

More recently, however, the 40-island nation has relied more on the tourist trade and its open banking system for the economic well-being of its roughly 30,000 inhabitants.

Turks and Caicos is currently a British territory with an elected legislature.

THE CANADIAN PRESS

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Pope ends Holy Land visit by balancing prayer and politics

The image Vatican hopes will define trip.

Roman Catholic Church leader embraces rabbi and Muslim in front of the Western Wall

Pope Francis wrapped up his Mideast pilgrimage Monday with a balancing act of symbolic and spontaneous gestures to press his call for peace between Israel and the Palestinians and friendship between Jews and Muslims in the land of Jesus' birth.

A day after he prayed at Israel's security barrier surrounding Bethlehem, Francis honoured Holocaust victims by kissing the hands of several survivors, and accepted Israeli Prime Minister Benjamin Netanyahu's request to pray at a memorial to victims of suicide bombings and other attacks.

After visiting the Dome of the Rock, Francis prayed at the Western Wall, leaving a hand-written note with the "Our Father" prayer written in his native Spanish in between the cracks of stone.

When he finished, a visibly emotional Francis embraced Rabbi Abraham Skorka and Omar Abboud, a leader of Argentina's Muslim community, both of whom joined Francis on his official delegation in a potent symbol of interfaith



Pope Francis holds an envelope as he prays at the Western Wall, the holiest place where Jews can pray, in the Old City of Jerusalem, Israel, Monday.

COURTESY OSSERVATORE ROMANO/THE ASSOCIATED PRESS

friendship.

The atmosphere was starkly different in Francis's one-on-one with Netanyahu, who lauded Israel's treatment of Christians and defended its West Bank separation barrier.

THE ASSOCIATED PRESS

Awkward moment

"He spoke Aramaic, and he also knew Hebrew."

Israeli Prime Minister Benjamin Netanyahu at an awkward moment in a one-on-one chat with Pope Francis, insisting that Jesus spoke Hebrew. "He was speaking Aramaic," the Pope replied with a smile.

New York. Hacker helped FBI thwart cyberattacks, court papers show

A prolific computer hacker who infiltrated the servers of major corporations later switched sides and helped the U.S. government disrupt hundreds of cyberattacks on Congress, NASA and other sensitive targets, according to federal prosecutors.

New York prosecutors detailed the co-operation of Hector Xavier Monsegur for the first time in court papers while asking a judge for leniency at his sentencing Tuesday. They credited Monsegur with helping them cripple Anonymous, the notorious crew of hackers.

Background

Court papers say Monsegur first began hacking in a Manhattan apartment in the early 2000s to steal credit card information, then sell it or use it to pay his bills.

- Starting in early 2011 and using the alias Sabu, Monsegur led an Anonymous

splinter group called Lulz Security, or LulzSec, which hacked Fox TV, Nintendo and PayPal systems.

- Monsegur said he joined Anonymous because he was upset over the arrest of WikiLeaks founder Julian Assange.

Working with FBI agents at his side, Monsegur "provided, in real time, information about then-ongoing computer hacks and vulnerabilities in significant computer sys-

tems," prosecutors wrote.

The FBI estimates he helped detect at least 300 separate hacks, preventing millions of dollars in losses, they added. THE ASSOCIATED PRESS

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London mayor. Joe Fontana pleads not guilty to 3 fraud charges

The mayor of London, Ont., admits that as a member of Parliament he altered a contract that he submitted for expenses, but the \$1,700 the government paid out was not for his son's wedding, his lawyer said Monday.

Joe Fontana, who has refused to step down as mayor while his case is before the courts, pleaded not guilty to fraud, uttering a forged document and breach of trust by a public official on the first day of his trial.

The Crown alleges Fontana wrote a \$1,700 cheque as a deposit for his son's 2005 wedding reception at the Marconi Club in London then submitted a claim for a government expenses along with a "significantly altered" version of the contract that secured the club as the wedding venue.

Among the alterations were changing the date of the event from June 25, 2005, to Feb. 25, 2004, the word "wedding" to "reception" on the contract under the section



Joe Fontana THE CANADIAN PRESS

for purpose of the event, the addition of a yellow sticky note saying "misc constituents reception" as well as the word "original" added in blue ink.

Fontana's lawyer, Gord Cudmore, said his client admits making those changes, but what is at issue in the trial is the purpose of the \$1,700 cheque.

"You will find in the course of the evidence called it is the position of the defence that the cheque had nothing whatsoever to do with the wedding." THE CANADIAN PRESS



Officers direct mother duck through downtown traffic

Court security officer Mike Rivard and police Const. Doug Pain try to convince a mother duck to continue leading her ducklings across a busy downtown street in London, Ont., on Monday.

DAVE CHIDLEY/THE CANADIAN PRESS

European Parliament election. Euroskeptic rise muddles EU future

Euroskeptics celebrated across the continent on Monday, from Britain to France and beyond, over their unmatched success in the European Parliament election. Now they are keen to put up internal borders again, keep foreigners out of their labour markets, abolish the common euro currency and let their nations go it alone in a globalized world.

The 28 European Union leaders meeting in Tuesday's postelection summit have a different task: making sure the surge of anti-EU and anti-establishment parties that claimed almost 30 per cent of the EU's 751-seat legislature doesn't dislodge the 64-year project of closer co-operation between European nations.

They will also need to look for a way to reconnect with an ever more disenchanted European electorate that stayed away from the polls in massive numbers — and cast plenty of protest votes when they did show up.

Trust in political leader-

ship "is going down dramatically," EU Commission President Jose Manuel Barroso acknowledged Monday in Sintra, Portugal.

British Prime Minister David Cameron, faced with the rise of the Euroskeptic UK Independence Party at home, struck a similar note, saying nothing will be business-as-usual any more.

"People are deeply disillusioned with the European Union," Cameron said Monday after Nigel Farage's UKIP came out on top in Britain and was slated to win 24 EU seats, compared to 19 for Cameron's Conservatives.

The British leader who has been calling on the EU to drastically reform its ways and institutions to give member nations more space to run their own affairs will be a key figure at Tuesday's summit.

Voters "want change and as far as I am concerned that message is completely received and understood," Cameron said. THE ASSOCIATED PRESS

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Egypt. Former military chief hopes for landslide in presidential election

Egypt's presidential election on Monday turned into a nationalist celebration at many polls with voters singing and dancing for the almost certain winner — former military chief Abdel-Fattah el-Sissi, who last year ousted the first freely elected president.

But the first day of voting in the two-day election also illustrated the bitter divisions that have riven Egypt since the military's removal of Islamist leader Mohammed Morsi. In towns where Islamists dominate, voting was often thin or non-existent.

The 59-year-old retired Field Marshal el-Sissi is looking for more than a landslide victory from the election. He's hoping for a strong turnout to show international critics that his July 3 ouster of Morsi reflected the will of the people — and to claim popular support as he tries to tackle Egypt's daunting economic woes.

For 10 months, el-Sissi has had the institutions of state and nearly all of Egypt's media

Quoted

"It is like a wedding day. It is a new beginning."

Hoda Takla, a 65-year-old Coptic Christian woman, who walked out after voting with a big smile on her face

behind him, whipping up a pro-military jingoism and depicting him as the sole figure who can rescue the country. After polls closed Monday, the prime minister declared Tuesday a holiday for government employees to allow them to go to the polls, in a push for greater numbers.

El-Sissi's only rival is left-wing politician Hamdeen Sabahi, who finished third in the 2012 presidential vote.

Many voters are desperate for stability after three years of violence and economic decline since autocrat Hosni Mubarak was ousted by the 2011 popular uprising led by activists seeking democratic change and economic equality.

THE ASSOCIATED PRESS

Ukraine's new leader vows talks with east

More conflict. Kyiv launches airstrike after rebels occupy airport

Ukraine's president-elect said Monday he wants to begin talks with Moscow and end a pro-Russia insurgency in the east, but the rebels escalated the conflict by occupying a major airport, and the government in Kyiv responded with an airstrike.

As darkness fell in Donetsk, a city of about one million, it was unclear who was in control of the airport. Hundreds of fighters of the separatist Donetsk People's Republic had been brought by trucks to a wooded area on the fringes of the airport, many of them armed with rocket-propelled grenade launchers and automatic rifles. At least one warplane streaked over the city, firing flares.

The rebels, who declared



Pro-Russian insurgents with weapons arrive near the airport outside Donetsk, Ukraine, Monday. Ukraine's military launched airstrikes Monday against the separatists who had taken over the airport in the eastern city of Donetsk, suggesting that fighting in the east is far from over. VADIM GHIRDA/THE ASSOCIATED PRESS

independence for Donetsk and the neighbouring Luhansk region after a hastily called and dubious referendum two weeks ago, regarded Sunday's election of candy tycoon Petro Poroshenko as president to be

illegitimate.

In a victory speech, the billionaire promised to open a dialogue with residents of eastern Ukraine and to guarantee their rights. The rebels and many others in the region say

they fear the February ouster of pro-Moscow president Viktor Yanukovich will lead to the repression of its predominantly Russian-speaking population by Ukrainian nationalists.

THE ASSOCIATED PRESS



UNIVERSITY
OF MANITOBA



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ABOUT US

The Richardson Centre for Functional Foods and Nutraceuticals (RCFFN) is conducting a nutrition study to investigate the effects of dairy consumption to improve heart health.

PARTICIPATE

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- ✓ Slightly Overweight

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Drew the short straw? Write to the Buffetts

When Warren Buffett announced in 2006 that he would give away his billions, he was flooded with individual requests for help that still flow in today.

Instead of tossing the letters aside, Buffett packages them up and sends them to his big sister Doris. With the help of seven women, her Sunshine Lady Foundation scrutinizes each request to find people who have come upon bad luck through no fault of their own.

"She just believes that a lot of people got short straws in life, and she wants to help them," Warren Buffett said.

Buffett and his sister worked out the unusual arrangement because neither wanted to disregard the requests, but Buffett also wanted to focus on running his company, Berkshire Hathaway.

THE ASSOCIATED PRESS

A special on curl-ups with carrot cans in aisle 3?

Fitting in fitness.

You can work on your six-pack for free, and pick up a six-pack, at one Albany, N.Y., grocery store

When Ann Lawson strolls into her neighbourhood grocery store, she really gets a workout.

That's because her Hannaford supermarket has a small gym located just past the pharmacy counter. It has treadmills, stationary bicycles, various other cardio machines, even a state-of-the-art Zumba room with a shiny wooden floor.

And best of all, it's free.

"It's about me getting healthy and losing some of this excess weight," Lawson said. "And I like the idea of be-



A grocery store in Albany, N.Y., offers a free gym open to anyone, just past the pharmacy. MIKE GROLL/THE ASSOCIATED PRESS

ing able to work out and shop in one trip."

Maine-based Hannaford insists the 5,600-square-foot

health facility that opened in October is not part of some shrewd marketing campaign. The Albany, N.Y., store is

the only one in the 184-store chain with such a gym, and there are no plans for more.

The idea grew out of a

meeting last summer between Hannaford, the local YMCA and the health-care provider Capital District Physicians' Health Plan. All said their goal was to come up with something to improve the area's health while also being convenient, accessible and free.

Store manager Dave Farrell, an admitted "exercise fool" who has dropped 86 pounds in the last year, said gym-goers don't have to shop in the store — they just fill out paperwork on the first visit and are given fobs to swipe when they stop by.

So far, just over 1,100 people have signed up, and the exercise classes are packed.

"Obviously, we've had people use it who weren't customers and have decided to shop in the store," Farrell said. "It's definitely a win for us, but that wasn't the goal."

THE ASSOCIATED PRESS

THE HANDY POCKET VERSION!

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Where to put nuclear waste?

Nuclear power plants across the United States are building or expanding storage facilities to hold their spent fuel — radioactive waste that by now was supposed to be on its way to a national dump.

The steel and concrete containers used to store the waste on-site were envisioned as only a short-term solution when introduced in the 1980s. Now they are the subject of reviews by industry and government to determine how they might hold up — if needed — for decades or longer.

With nowhere else to put

its nuclear waste, the Millstone Power Station overlooking Long Island Sound is sealing it up in massive steel canisters on what used to be a parking lot. The storage pad, first built in 2005, was recently expanded to make room for seven times as many canisters filled with spent fuel.

Dan Steward, the first selectman in Waterford, which hosts Millstone, said he raises the issue every chance he can with Connecticut's congressional members.

"We do not want to become a nuclear waste site as

a community," Steward said.

The government is pursuing a new plan for nuclear waste storage, hoping to break an impasse left by the collapse of a proposal for Nevada's Yucca Mountain. The Energy Department says it expects other states will compete for a repository, and the accompanying economic benefits, and it's already heard from potential hosts in New Mexico, Texas and Mississippi. But the plan faces hurdles including a need for new legislation that has stalled in Congress.

THE ASSOCIATED PRESS

Multi-year deal

TSN to develop content for Canadian Tire

Canadian Tire Corp. has signed a multi-year deal with TSN that will see the sports broadcaster develop and produce content for the retailer's advertising.

The partnership covers all of the Canadian Tire banners, including Sport Chek, Mark's and Sports Experts.

THE CANADIAN PRESS

Rio casino

Betting on a zip line in Sin City

Officials at the Rio casino are celebrating the grand opening of a zip line that runs between two of the resort's towers and offers views of the Las Vegas Strip.

Mixed martial arts announcer Bruce Buffer is expected to yell his signature catchphrase "It's time!" at noon on Sunday and then take a ride on the Voodoo Zip Line as part of the ceremony. THE ASSOCIATED PRESS

Market Minute

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(+0.08¢)

↑ TSX
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(+7.59)

Natural gas: \$4.39 US (-\$0.01)
Other markets closed for Memorial Day in the U.S.

BUT WHICH BRO ARE YOU, BRO?

The world of online dating is a wondrous novelty to me. I'm not sure if I would have ended up with my own significant other — whom I met unromantically, at a bar — if I had relied on a digital matchmaking service that allows you to filter potential partners by age, race, religion, geography, height, body type and annual income.

Sophisticated algorithms might help users narrow down their search, but we all know that a carefully selected profile photo can make or break your chances of finding a date. Some sites such as Match.com and eHarmony allow users to post an entire catalogue of images, while popular matchmaking app Tinder limits users to just five well-chosen snapshots.

I spent the weekend scrolling through profiles on various digital dating services with a few of my single girlfriends — in the name of research, of course — to find out what influences a woman's decision to swipe right and say yes to a date. In the course of this exceedingly important investiga-



SHE SAYS
Jessica Napier
metronews.ca

tion, I discovered there are numerous things that make women cringe when it comes to first-impression photos.

The top five things all the single ladies really don't want to see on your profile:

- **Your ex:** It's perplexing to see how many men think posting a romantic vacation photo with their ex-girlfriend might help them snag a date. I don't care if you look incredibly handsome in that picture in front of the Eiffel Tower; coupled-up images suggest you are still invested in your previous relationship or have absolutely no idea how to upload new content to the Internet.
- **Group shots:** We get it, you love your bros. You have so many bros, but which bro are you, bro? Dating websites feature thousands of men; your individual profile should be about you and not your posse of pals. Stick to solo images to avoid confusion.

• **Photos of your stuff:** Most women aren't looking to date your motorcycle or your dog and if they are, well they probably still want to see YOU posing with your prized possessions. Uploading standalone images of your condo interior won't help you turn that bachelor pad into a love nest any time soon.

• **Bicep snaps:** It can be hard to find a good collection of recent pictures of yourself, but please stop with the not-so-discrete snapshots of you flexing at the gym. According to a survey by dating website Zoosk, a man is 19 per cent more likely to receive a message from a woman if he posts an image of himself doing something outdoors. So step away from the mirror and get outside.

• **Archival images:** It doesn't take a detective to figure out that a 36-year-old man who uploads a snapshot of himself doing a keg stand at a frat party might be stuck in the past. Remember that you're looking for someone to date you, not "20 pounds ago and with way more hair" you. Avoid disappointment by being honest with yourself and potential love interests.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Lali, Lela, Lila, Lulu and Obama



Five Bengal white tiger cubs born on April 25 were unveiled to the public at the White Zoo in Kernhof, Austria, on Monday. RONALD ZAK/THE ASSOCIATED PRESS

Cubs make their grand entrance

A litter of rare tigers made their debut at a zoo in Austria.

According to the zoo, it's the first time five white tiger cubs were born in a single litter in Europe. The four female and one male are all healthy and doing well.

"We are very, very proud and very happy, because they are totally normal, there is nothing wrong (with them)," said zoo director Herbert Eder. **WPTV.COM**

Rare beauty makes them targets

The cubs' mother, named Burani, was brought to the zoo from Germany three years ago and this is her third litter.

The father, named Samir, has fathered 14 cubs.

Eder says, "They are not hand-tamed, and not together with people; they are together with their mother."

The white tigers' unique colour means they're targeted by poachers and nearly extinct in the wild. **WPTV.COM**

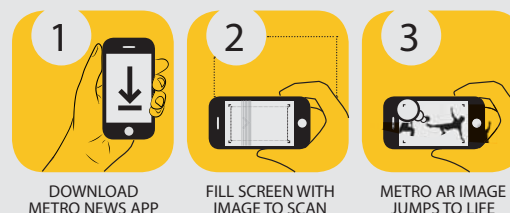
By the numbers

500

There are only a small quantity of white tigers in existence and the current population is estimated at approximately 500. With the inevitable inbreeding problems, a debate continually rages over the wisdom of breeding this animal.

SOURCE: **INDIANTIGER.ORG**

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 12 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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MetroTube

Wicked smart birds!



ANDREW FIFIELD
metronews.ca

If there's one fun fact we all took away from Jurassic Park, it's that a closed door would be no match for those crafty velociraptors. "Life finds a way," is how a great man put it.

Smash cut to a few million years later, and we find things haven't changed a whole lot. These clever swallows, residents of the University of Victoria's Campus Bike Centre, are doing their much larger ancestors proud by laughing at our obstacle-based achievements and the motion sensors that guard them. (Via Grant Hughes/YouTube)



ISTOCK PHOTO

SCENE 2

Charlize Theron risks it all for a Million Ways to Die

Wild, wild western.

The Oscar winner risked life and limb to bring Seth MacFarlane's spoof *A Million Ways to Die in the West* to life, but was it worth it?



NED
EHRBAR

Metro World News in Hollywood

While you might think Seth MacFarlane had to chase down Charlize Theron to convince her to co-star in his cowboy comedy, *A Million Ways to Die in the West*, the Oscar-winning actress insists it was the other way around.

"I got to read this pretty early on," she says of the script for the film, which skewers old-fashioned westerns and life on the frontier.

"Just the idea of doing something that's pitched in this very unusual way of a comedy-western situation and him at the helm of that, that to me was very intriguing. So I definitely did some chasing."

But a few weeks on location in New Mexico, risking life and limb, quickly had Theron rethinking her decision.

"Look, it's a gorgeous place. I understand why you want to paint it. I would



Anna (Charlize Theron) and Albert (Seth MacFarlane) try not to die at the fair in *A Million Ways to Die in the West*, the new comedy from director, producer and co-writer MacFarlane. UNIVERSAL PICTURES

want to paint it. I don't necessarily want to go and shoot in it again. It's just like the weather was unbelievable. I felt like it was like biblical times, and we were all going to die a horrible death by weather," she says.

"I mean, there was a night where we shot, and Seth left before me. I got a text from him that literally just said, 'The road is washing away!'

Get out of your trailer right now and start driving!' And I was like, 'I'm going to die on this movie.'"

Of course, all that risking life and limb can help bring a cast together, and Theron is particularly fond of her co-stars on this one, including MacFarlane, Neil Patrick Harris, Giovanni Ribisi, Sarah Silverman and Amanda Seyfried.

"There really wasn't a bad apple in the bunch. It really was just a bunch of great people together having fun, working hard, there for the right reasons, wanting to make the movie the best they possibly could," Theron says.

"We laughed a lot, and drank a lot, and almost died together a lot. So we are bonded for life."

DVD review



Super Duper Alice Cooper

Directors. Reginald Harkema, Scot McFadyen, Sam Dunn

Stars. Alice Cooper

.....

Fans of original shock rocker Alice Cooper, well served by this loving chronicle by Reginald Harkema, Scot McFadyen and Sam Dunn, may be surprised to learn that the frontman didn't strut fully formed out of a 1970s gateway from hell.

First he was art nerd Vince Furnier, a preacher's son from Arizona, who got his stage name from a Ouija board and band outfits from the Ice Capades.

The doc's funniest moments chronicle his early days, including his performance epiphany in Detroit, his actual birthplace, where he feels audiences first really got his band's blend of music and Grand Guignol theatre: garish eye makeup, faked onstage executions, dead baby dolls and other plastic cadavers strewn about.

Extras include deleted scenes and rarely seen concert footage. **PETER HOWELL**

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or drop off your ballot and photo in person at 115 Pembina Hwy and receive a \$10 ZEV gift certificate! Contest ends June 15, 2014.





James Franco ALL PHOTOS GETTY IMAGES

Franco, my dear, perhaps your dates don't give a tweet

Dating didn't apparently come easy to James Franco, as the Palo Alto star admits high school was a bit rough. "I wasn't the best socializer," Franco says. "I was shy, but I had a girlfriend named Jasmine my last two years. I was lucky to have someone who stuck around like that. I was a little confused and

mixed up when it came to dating." And when it comes to dating today, with the help of social media and mobile technology? "You get to know someone much quicker," he says. "The downside is when people aren't tech savvy and don't express themselves well through digital media." So get with the tweeting, ladies.

Addams Family star goes bump overnight



Christina Ricci

Christina Ricci is going to be a mom. The Addams Family star is expecting her first child with husband James Heerdegen, she confirms to Entertainment Tonight. The two met while making the short-lived TV series Pan Am in 2012 and tied the knot in October 2013 in a private ceremony in New York City. Ricci has done a remarkable job of keeping the pregnancy quiet, as when she finally stepped out at LAX this weekend her baby bump was impressively far along.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ellen Page's dream man is the Biebs!?

Ellen Page has been having some weird dreams, she tells Conan O'Brien during an interview. "My anxiety dreams tend to always relate to pubic hair," Page says. "So I'll be, like, on stage getting ready to act, and I'm just in my underwear, and I just look down and it might as well be an old man's beard or something. Or I'll be topless and it will be up to my (chest). Like a reverse hairy chest." But her dreams haven't all been anxiety-inducing. For instance, there was one about Justin Bieber that she actually enjoyed. "We were in his, like, child-



hood home in Canada, just hanging out, and his mom came home with takeout from Ikea, and we were like, 'Yeah!'" Page explains. "We were stoked. We were like, 'Yes, our favourite!'" For the record, Page has never actually met Bieber.



Kanye West and Kim Kardashian

Cork resort can't comment on Kim and Kanye's country canoodling

When it comes to all things West-Kardashian, perhaps you empathize with the item entitled "Alert (yawn): Kimye weds" that just appeared in the New York Post. "Two jackasses got married in Italy Saturday," the piece declared.

On the other hand, perhaps you'd really like to know where the couple is honeymooning. According to The Daily Mail, the pair landed at Cork airport in their

private jet Sunday and drove off in "a fleet of limousines." They're apparently going to stay in Ireland for five days, and are "rumoured to be staying at the luxurious five-star Castlemartyr Resort — a half-hour drive east of Cork city. Castlemartyr staff said they 'could not comment' on whether it was Kanye who booked the Presidential suite of the 17th-century country manor."

El Paso search leaves Wiz in the lurch

Authorities say rapper Wiz Khalifa has been arrested in West Texas for marijuana possession. The performer was stopped at an inspection checkpoint at the El Paso airport. A statement from El Paso police says because Khalifa travelled without identification, a search was ordered and Transportation Security Administration agents found a canister with marijuana. TSA alerted police, who then arrested Khalifa. He was charged with misdemeanour possession of marijuana and was released



Wiz Khalifa

after posting \$300 bail. Khalifa posted a photo on Twitter inside of what appeared to be a holding cell.

THE ASSOCIATED PRESS

Twitter



@carrieffisher

Saying that you're an alcoholic AND an addict, is like saying you're from London AND England....



@JasonAlexander

Like Hef, I worked all day in my pajamas. Unlike Hef, my day didn't end with a menage in the grotto.



@WhitneyCummings

Nothing like a beautiful wedding to make you nostalgic for the things in your past that never happened

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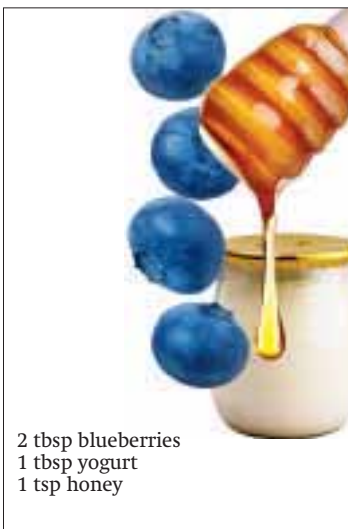
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It's a fruit but tastes like a vegetable and is a "good" fat.
It would be such a waste not to make the most of its deliciousness.
Double up on the goodness by trying one (or all) of these eight wholesome fillings.



ROMINA MCGUINNESS Metro World News in London



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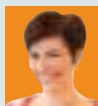


metro

A pinch of sun-dried tomatoes adds a punch of 'kapow' to steak

Health Solutions

Wake up the palate and eat healthy, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sun-dried tomatoes came into their own in the '80s but they remain a killer ingredient for a reason.

They have an intense taste that wakes up the palate but they also bring with them the nutrients that a tomato is famous for.

Lycopene is an anti-oxidant best known for its suspected role in helping prevent prostate cancer.

But it's also been studied for its help in preventing or treating inflammation, age-related eye disease and

lung conditions. Buying the tomatoes desiccated and packaged on their own is your healthiest option; they simply require plumping in hot water for 30 minutes or so before use.

The easiest choice though is to buy them in oil, drain and chop them into salads, on pizza, into any Mediterranean rice or pasta dish.

Don't toss the oil that the tomatoes come in, though! It is highly flavoured and ready to be used in salad dressings or bread dips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



PREP
15 MINUTES

This recipe serves six. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

I find grilled steak kind of one-dimensional and in want of a punch. This drizzle adds moisture and a left hook of flavour that is a knockout.

Mixing together the primary ingredients to use as a marinade pulls double-duty. It protects the meal from creating harmful substances on the grill and adds flavour.

A quick addition of capers and sun-dried tomatoes makes a topping.

FLASH FOOD



From your fridge to your table in 30 minutes or less

1. Mix together oil, vinegar, oregano, garlic, pepper, salt and mustard.
2. Pour half onto steak and rub into both sides, marinate for up to 24 hours in the fridge or 20 minutes on the counter.
3. Preheat grill or grill pan.

4. Grill steak for 2-4 minutes per side over high heat.

5. Meanwhile mix remaining half of oil-and-vinegar mixture with capers and drained sun-dried tomatoes.

6. Spoon caper mixture over cooked steak and serve with a side salad. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 2 tbsp extra virgin olive oil
- 2 tbsp vinegar
- 1 tbsp oregano
- 2 cloves garlic
- 1 tsp fresh ground pepper
- 1/2 tsp kosher salt
- 1/4 cup Dijon mustard
- 4 small striploin steaks
- 1/4 cup capers
- 1/4 cup sun-dried tomatoes, oil-packed



The addictive quality of grilled asparagus

Grilling vegetables is magical, mostly because the intense heat caramelizes the natural sugars in them. It transforms vegetables from something you feel you have to eat into something you can't stop eating!

And grilled asparagus is one of the most awesome. Not only is it delicious, it's also easy to make. And you only need four things: thick-stemmed asparagus, olive oil, kosher salt and a hot grill.

1. Heat grill to medium and prepare for direct heat cooking. For charcoal grill, spread coals evenly under grate. For gas grill, all burners should be on.

2. Trim off tough bottoms of spears by grasping each end and bending it gently until it snaps at its natural point of tenderness, usually two-thirds of way down the spear. If spear is less than 6 inches long, chances are it has been trimmed.

3. Place spears in zip-close

plastic bag. Add oil and massage spears to coat very well. Sprinkle in the salt and massage again. Leave the asparagus in the bag until ready to cook.

4. Use tongs to place the spears on the cooking grate crosswise so they won't fall through the grates. Grill for 5 to 8 minutes, turning occasionally to expose all sides to the heat. The asparagus should begin to brown in spots, but don't let them blacken and char. The larger the spears, the

longer they will take to cook.

5. Remove from the grill and serve immediately with butter. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

Ingredients

- 1 lb fresh asparagus
- 1/4 cup olive oil
- 1 tsp kosher salt



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS



SHUTTERSTOCK

AVOID SUMMER SKIN PROBLEMS

Here are three simple tips to avoid summer skin problems:

- Help prevent a sunburn by using SPF 15 or more. Be sure to pay attention to reapplication times, reapplying every two hours, or more frequently if you are going to be in and out of the water.
- Combat dry skin by frequently moisturizing, especially after being in the sun or water.
- Steer clear of heat rash by wearing breathable fabrics to allow sweat to evaporate and not seep into the skin. Be sure to also avoid staying in the sun for long durations of time.

— News Canada

ABCs OF SUN PROTECTION

SUNSCREEN IS AN IMPORTANT SUMMER COMPANION

At long last, the warm, sunny days of summer are here. But after months of winter hibernation, chances are you may need a refresher in sun protection to make sure you can enjoy all that the good weather has to offer.

Dermatologist, Dr. Julia Carroll, and Banana Boat sun care, have developed the ABCs of protection to help you stay sun-safe this summer:

A APPLY EARLY: It's important to apply sunscreen at least 15 to 30 minutes before sun exposure. Don't forget to coat your ears, lips, shoulders and nose. Make proper application part of your family's morning routine by applying sunscreen before getting dressed each morning.

B BE GENEROUS: Don't skimp on the sunscreen. You should be using one ounce or 30 ml of sunscreen (about the size of a golf ball) each time you apply. This should cover you from head to toe if you are wearing a swimsuit.



SHUTTERSTOCK

C COMMIT TO REAPPLICATION: The Canadian Dermatology Association recommends reapplying one ounce of sunscreen at least every two hours, especially after swimming or sweating.

To make sunscreen application as easy as

possible, keep a bottle in your car, backpack or purse so that it's readily available no matter what summer has in store. Spray sunscreens are handy and easy to use — just spray and go.

— News Canada

ADVERTISING FEATURE



SHUTTERSTOCK

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* Miller, M, Mehta, K, Kunte, S, Raut, V, Gala, J, Dhumale, R, Shukla, A, Tupali, H, Parikh, H, Bobrowski, P, and Chaudhary, J. 2005. Early relief of osteoarthritis symptoms with a natural mineral supplement and a herbomineral combination: A randomized controlled trial, *Journal of Inflammation*, v 2, p.11.

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*** If you do not notice results in 14 days, your purchase, including taxes, will be refunded at the point of purchase.

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Help maintain good health with omega-3 fatty acids

According to a Harvard School of Public Health study¹ on the top preventable causes of death, low dietary omega-3 fatty acids are listed as No. 8. This is shocking although it really should come as no surprise. The Canadian diet is very low in these essential fatty acids. This is why many health experts recommend that, young or old, everyone should be taking fish oil.

There are more than 7,000 studies showing the health benefits of omega-3 fatty acids from fish oil. The two omega-3 fats that we are most familiar with are EPA and DHA. They are both important but perform different functions in the human body. Taking a high-potency fish oil supplement ensures that you are providing your body with the good fats that may help it perform optimally.

Norwegian Gold Super Critical Omega offers more than 1,000 mg of omega-3 fatty acids per capsule. Another benefit to Norwegian Gold Super Critical Omega is the addition of 1,000 units of vitamin D in every capsule. It is the ideal choice to deliver the many health benefits of fish oils in fewer capsules.

Norwegian Gold Super Critical Omega:

- Helps maintain good health.
- Helps in the absorption and use of calcium and phosphorus.
- Helps support cognitive health and/or brain function.
- Helps in the development and maintenance of bones and teeth.

Helpful hint: When choosing a fish oil always check the label for the total amount of omega-3, not just the total amount of fish oil in the capsule. For example, a capsule could contain 1,200 mg of fish oil but only 300 mg combined of EPA and DHA. Also make sure that the omega-3 content is per capsule, not per serving as some products can require up to four capsules daily.

¹ Danaei, G et al. The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle and Metabolic Risk Factors. PLoS Med. April 2009; 6(4).

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The Blue Jays dugout applauds Edwin Encarnacion after a home run as Toronto opened a series against the Tampa Bay Rays with a 10-5 win at Rogers Centre in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

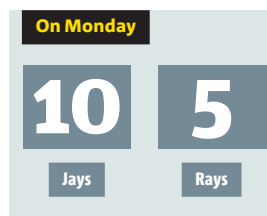
May madness continues for Encarnacion, Jays

MLB. Toronto slugger sets club record as his team rolls to seventh straight win vs. Tampa

Edwin Encarnacion kept up his torrid pace this month by belting his 15th home run of the season as the Toronto Blue Jays extended their winning streak to seven games Monday night with a 10-5 victory over the Tampa Bay Rays.

Encarnacion had three of Toronto's 15 hits as the American League East division leaders maintained their two-game lead on the New York Yankees, who beat St. Louis 6-4 in 12 innings.

Dioner Navarro and Steve Tolleson hit back-to-back homers in the fourth inning for Toronto (30-22). Encarnacion hit a solo shot in the



sixth inning for his 13th homer this month, setting a club record for most homers in the month of May.

Drew Hutchison (4-3) worked five innings for the victory in front of 15,616 fans on a warm, muggy evening at Rogers Centre. Canadian Erik Bedard (2-3) shouldered the loss as the Rays' four-game win streak came to an end.

The Blue Jays gave their young right-hander an early lead to work with by scoring a couple early runs after opening the game with five

straight hits.

Jose Reyes reached on a bunt single and scored when Melky Cabrera doubled off the top of the wall in left field. Jose Bautista followed with a check-swing single that scored another run but the Jays slugger got caught in a rundown after rounding first base.

Edwin Encarnacion and Brett Lawrie, of Langley, B.C., also hit singles before Bedard got two flyouts to limit the damage.

David DeJesus put Tampa Bay (23-29) on the board in the third inning with a solo shot that landed in the second deck in right field. It was his fifth homer of the season.

Hutchison allowed seven hits, five earned runs and four walks. Bedard, from Navan, Ont., gave up 12 hits, seven earned runs and struck out a pair.

THE CANADIAN PRESS

Baseball

Goldeyes drop home opener to Explorers

For the 21st time in franchise history the Winnipeg Goldeyes baseball club opened their home schedule in the Manitoba capital.

Following a solid 7-3 start to the season on the road, the Fish were edged 6-5 Monday night by the early-season basement-dwelling Sioux City Explorers.

Winnipeg, as usual, being the lone Canadian club in the American Association, began their season down south in the balmy mid-May Texas weather.

After going 3-1 in four games in Amarillo, and 1-2 in their three against Laredo, the Fish inched

closer to home by sweeping their three-game set in Lincoln, Neb.

The X's, likely bitter from their rough 3-8 start, took their frustrations out early by beating up Goldeyes starter Jason Jarvis for five runs on 10 hits in just 4.1 innings, eventually handing him the loss.

The Goldeyes, meanwhile, struggled to generate offence for the majority of the game.

That is until the eighth, when Ray Sadler went to work with two on, two out, and a 3-0 count against Sioux City reliever Geoff Broussard — crushing a towering three-run shot into the night sky to cut the Explorers' lead to 6-4.

Winnipeg continues their three-game series Tuesday night and Wednesday at 11 a.m.

DARRIN BAUMING/FOR METRO



Canada's Bouchard cruises in Paris after rain delay

Eugenie Bouchard returns a shot during her women's singles match against Shahar Peer at the French Open on Monday in Paris. Montreal's Bouchard, the 20-year-old former junior Wimbledon champion, overcame a rain interruption of nearly 90 minutes before finishing off a decisive 6-0, 6-2 win over Peer. Vancouver's Vasek Pospisil was defeated in his opening match. CLIVE BRUNSKILL/GETTY IMAGES



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Horoscopes

♈ Aries

March 21 - April 20

There is no point trying to predict what will happen over the next few days. Just stay calm and be ready to act when big events happen.

♉ Taurus

April 21 - May 21

You need to be a bit more serious about your cash flow situation. Tomorrow's new moon will make it clear where and how savings need to be made. No more shopping sprees for you — for now.

♊ Gemini

May 22 - June 21

With a powerful new moon in your sign over the next three days there is no way you can go wrong — and even if you do go wrong it will somehow turn out right. Aim for the sky.

♋ Cancer

June 22 - July 23

What you decide over the next few weeks, and especially over the next few days, will form the basis of your reality for the coming year. Find a quiet place where you can be alone with your thoughts.

♌ Leo

July 24 - Aug. 23

Friendships and group activities are highlighted today and all week, so get out and mix with all sorts of people — every one of them will have something to teach you.

♍ Virgo

Aug. 24 - Sept. 23

If you are in any way dissatisfied with your lot, now is the time to do something about it. The approaching new moon means that changes are good for you, especially those to do with your career.

♎ Libra

Sept. 24 - Oct. 23

It will feel as if a great weight has been lifted from your shoulders today. Money worries, especially, will begin to fade and you can start having fun again.

♏ Scorpio

Oct. 24 - Nov. 22

The upcoming new moon will give you the motivation and energy you need to make a start on a project you have been flirting with for weeks, months, maybe even years.

♐ Sagittarius

Nov. 23 - Dec. 21

Anything of a one-to-one nature, be it personal, professional or financial, can be changed for the better over the next few days. Romance is especially well starred.

♑ Capricorn

Dec. 22 - Jan. 20

Even you can recognize that certain ways of doing things are not working as well as they should. It's time to push your ego to one side and admit that changes are needed.

♒ Aquarius

Jan. 21 - Feb. 19

The approaching new moon encourages you to believe that you can get away with anything. If you act as if it is true, you will no doubt do something amazing.

♓ Pisces

Feb. 20 - March 20

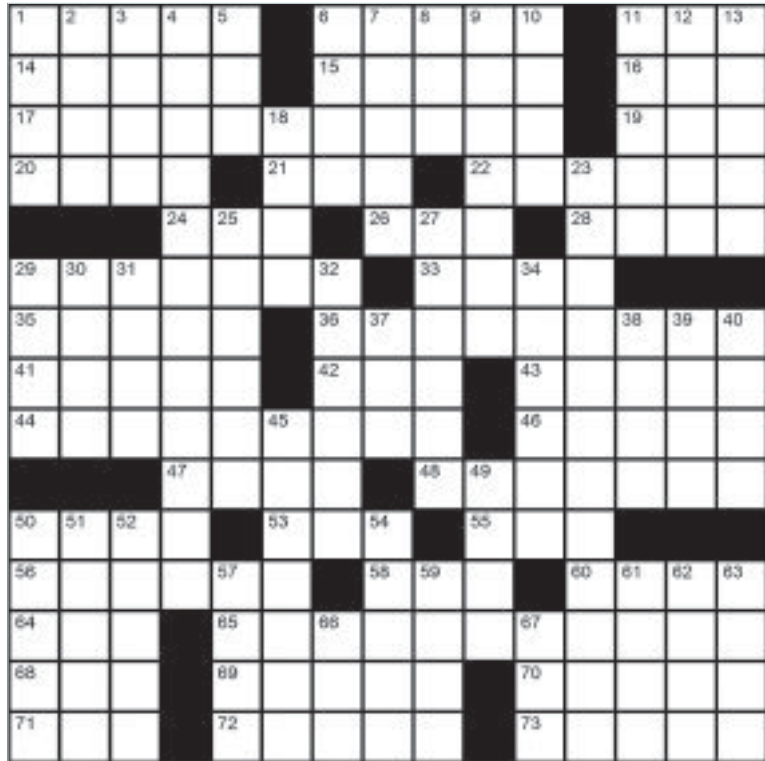
Over the next two or three days you will get the opportunity to find out why loved ones are so uptight. Once you know that it will be quite easy to restore harmony.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Comic legend Milton
- Backs
- Telly-watcher's network
- Sneezer's sound!
- Classical music groups, briefly
- Mr. Roth
- Purchase with plastic: 3 wds.
- ___ rummy
- Alta. neighbour
- Farm field
- Green Day's "When I Come ___"
- 'Benedict' suffix
- Banned pesticide
- '500' car race
- Stop broadcasting: 2 wds.
- Q. "___ Cool I the star of 'NCIS: Los Angeles'?" A. "Yes."
- Straighten
- Canada-US: World's longest ___ border
- Shelf sort
- Melissa ___ Anderson
- Celebrity chef Ms. De Laurentiis
- Plummer's song in "The Sound of Music" (1965)
- Calgary neighbourhood
- ___ other (Without equals)
- Bricklaying tools
- ___ up (Escalates)
- "November Rain" gr.
- Antacid brand



- A bite to eat
- Lute-like instrument
- Financial investment for the future, commonly
- Cards symbol
- Artful Dodger, and cohorts

- Pronoun
- Ice Cube, aka ___ Jackson
- Big name in insurance
- ___ Francisco
- "SCTV" alum Martin
- Beseech

Down

- Ms. Streisand, cute-style
- S. Amer. country
- Prince Edward's wife, Sophie ___ Jones
- Stratford Festival play currently, Alice Through the ___

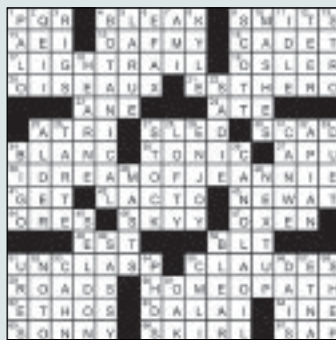
- Many a moon
- Canadian comedian Jon
- Greek mythology nymph
- Got [abbr.]
- Acupuncture
- Stars sci.
- Carpenters'

- "We've Only Just ___"
- 54-40's "I Go ___"
- Brady Bunch kid
- Staff symbol
- Type of job, as on Hibernia: 3 wds.
- "Still haven't heard a thing...": 2 wds.
- Reader's ___ Canada
- 'Red tag' event
- ___ 'Orleans, QC
- 1947 Nobel Prize in Literature winner, Andre ___
- Ford model
- "Gilligan's Island" water
- Greek letters
- Florida: Miami-___ County
- Leon ___, 1963 Pulitzer-winning biographer
- Author Mr. Brown's
- One of Canada's official languages
- Change
- Accumulate
- Certain coffee
- Primp
- TV weatherman Al
- Heroic verse
- ___ the crack of dawn
- Network of nerves
- Commuter ticket buying places, e.g.
- Health/safety messages, e.g.
- Comedian Margaret
- Head covering

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 25°
MIN: 12°

WEDNESDAY



MAX: 25°
MIN: 15°

THURSDAY



MAX: 22°
MIN: 9°



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"IT WORKS! I'LL TAKE ANOTHER TWO BOTTLES PLEASE!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries.

This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of

this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone -as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research.

LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems—often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back.

Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications.

Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less

pain by taking anywhere from 2 to 6 capsules/day.

Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function.

To see someone go from intense pain to a new lease on life with in a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."



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